

Cheesy Spaghetti Bake

Makes: 24 or 48 Servings

24 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Spaghetti, dry, whole wheat		4 cups		8 cups
Egg		2		4
1% (low-fat) or fat-free milk		1 cup		2 cups
Salt		1 tsp		2 tsp
Turkey, ground	2.5 lbs		5 lbs	
Onion, small, chopped		2		4
Spaghetti sauce, canned or homemade		4 cups		8 cups
Cheese, mozzarella, shredded, part-skim, divided in half		4 oz		8 oz
Oregano		1/4 cups		1/2 cup

Nutrition Information

Nutrients	Amount
Calories	329
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	70 mg
Sodium	357 mg
Total Carbohydrate	47 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	21 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Preheat oven to 350 degrees F.
2. For 24 servings, grease an 11x7x2 baking dish. For 48 serving, grease two dishes.
3. Cook spaghetti as package directions indicate; drain.
4. In a large bowl, beat the egg, milk, and salt; add spaghetti, oregano, and half the cheese called-for. Toss to coat.
5. Transfer to greased baking dish.
6. Brown meat and chopped onion; drain. Add spaghetti sauce and mix well. Spoon over pasta.
7. Bake, uncovered, at 350 degrees F for 20 minutes.
8. Sprinkle with the rest of the shredded cheese and bake 10 minutes more. Let stand 10 minutes before cutting.

Notes

Serving Tips:

Adding meat to spaghetti is a great way to increase your child's protein intake. Using lean meats like turkey allows them to get plenty of protein without the added fat.

Source: Improving Nutrition and Physical Activity Quality in Delaware Child Care.